

We claim:

1. A calcium-supplemented fluid composition comprising tricalcium phosphate (TCP), dissolved in an acidulent solution, and a transparent, ingestive liquid, wherein the calcium-supplemented fluid composition has about 10% to about 50% of the RDA of calcium per serving.
2. The composition of claim 1, wherein the calcium-supplemented fluid composition has about 10% to about 30% of the RDA of calcium per serving.
3. The composition of claim 2, the calcium-supplemented fluid composition has about 30% of the RDA of calcium per serving.
4. The composition of claim 1, wherein the transparent, ingestive liquid is a beverage.
5. The composition of claim 4, wherein the beverage is shelf-stable.
6. The composition of claim 5, wherein the beverage is stored at a temperature between about 0°C to about room temperature (up to about 25°C).
7. The composition of claim 6, wherein the temperature is above a freezing temperature of the beverage.
8. The composition of claim 7, wherein the temperature is at about room temperature.
9. The composition of claim 5, wherein the beverage is stored at a temperature in which the beverage is flowable.

10. The composition of claim 4, wherein the beverage is carbonated.
11. The composition of claim 4, wherein the beverage is flavored.
12. The composition of claim 4, wherein the beverage is colored.
13. The composition of claim 4, wherein the beverage is a juice or a sports drink.
14. The composition of claim 1, wherein the TCP has a particle size of greater than zero micron to about 44 microns.
15. The composition of claim 1, wherein the TCP has an average particle size of about 4 microns to about 8 microns.
16. The composition of claim 1, wherein the acidulent solution is selected from the group consisting of citric, malic, fumaric, and phosphoric acid solution.
17. A calcium-supplemented fluid composition comprising tricalcium phosphate (TCP), dissolved in a citric acid solution, and a transparent, ingestive liquid, wherein the calcium-supplemented fluid composition has about 10% to about 50% of the RDA of calcium per serving, and wherein the calcium-supplemented fluid composition is shelf-ready.
18. A calcium-supplemented fluid composition comprising TCP and a transparent, ingestive liquid, wherein the calcium-supplemented fluid composition is shelf-ready and wherein all or almost all of the TCP stays in solution.
19. A method for preparing a calcium-supplemented fluid composition comprising:
 - a) dissolving tricalcium phosphate (TCP) in an acidulent solution to make a first solution with a pH of about 2 to about 3.5; and

- b) combining the first solution with a sufficient amount of a transparent, ingestive liquid to make a calcium-supplemented fluid composition, wherein the calcium-supplemented fluid composition has about 10% to about 50% of the RDA of calcium per serving.
- 20. The method of claim 19, wherein the calcium-supplemented fluid composition has 10% to about 30% of the RDA of calcium per serving.
 - 21. The method of claim 20, wherein the calcium-supplemented fluid composition has about 30% of the RDA of calcium per serving.
 - 22. The method of claim 19, wherein the transparent, ingestive liquid is a beverage.
 - 23. The method of claim 22, wherein the beverage is shelf-stable.
 - 24. The method of claim 23, wherein the beverage is stored at a temperature between about 0°C to about room temperature (up to about 25°C).
 - 25. The method of claim 24, wherein the temperature is above a freezing temperature of the beverage.
 - 26. The method of claim 25, wherein the temperature is at about room temperature.
 - 27. The method of claim 23, wherein the beverage is stored at a temperature in which the beverage is flowable.
 - 28. The method of claim 22, wherein the beverage is carbonated.
 - 29. The method of claim 22, wherein the beverage is flavored.

30. The method of claim 22, wherein the beverage is colored.
31. The method of claim 22, wherein the beverage is a juice or sports drink.
32. The method of claim 19, wherein the TCP has a particle size of greater than zero micron to about 44 microns.
33. The method of claim 32, wherein the TCP has an average particle size of about 4 microns to about 8 microns.
34. The method of claim 19, wherein the acidulent solution is selected from the group consisting of citric, malic, fumaric, and phosphoric acid solution.
35. A composition produced by the method of claim 19.
36. A method for supplementing a transparent, ingestive liquid with calcium, comprising combining said transparent, ingestive liquid with a fluid composition that comprises TCP, dissolved in a citric acid solution, wherein the fluid composition has a pH of about 2 to about 3.5.
37. A dry composition comprising TCP and granular or powdered citric acid, wherein the ratio amount of TCP to citric acid is about 1 to 4 by weight, wherein the TCP has a particle size of greater than zero micron to about 44 microns, and wherein the dry composition dissolves in a transparent, ingestive liquid without producing visible TCP precipitates or sediments.
38. The dry composition of claim 37, wherein the TCP has an average particle size of about 4 to about 8 microns.

39. A method for supplementing a transparent, ingestive liquid with calcium, comprising combining said transparent, ingestive liquid with the dry composition of claim 37.